



## PART 6: SLOWING

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### Sermon Notes

Text: Matthew 11:28-30

#### Intro:

Temptation to sin is often a temptation to hurry, or cut corners (consider Jesus' temptations in the wilderness).

*What if speed doesn't get us where we really want to go any faster?  
What if it actually slows us down?*

#### Matthew 11:28-30 (MSG)

"Learn the unforced rhythms of grace"

*Life isn't about speed; it's about rhythm.*

#### Slowing:

A deliberate reduction in the pace of your life

"Cultivating patience by deliberately choosing to place ourselves in positions where we simply have to wait." ~John Ortberg

#### 1. Get your schedule in sync with your values

"If our values are life with Jesus and a growing maturity toward love, joy and peace, then our schedules and set of practices that make up our

days and weeks...are the ways we achieve inner peace." ~John Mark Comer

#### 2. Slow down your body

Often our apprenticeship to Jesus requires moving (or stopping) our flesh.

Some ideas to help you slow down (make them fun)

- a) Try driving the speed limit.
- b) Put your phone away when you're waiting for an appointment.
- c) Walk slower.
- d) Get in the longest checkout line at the grocery store.

*Slow down your body, slow down your life. Get on Jesus' rhythm.  
Experience Jesus' blessing.*

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## Life Group Discussion

### Warm up:

1. Do you tend to stick pretty close to the speed limit, or push the speed? What do you normally do when you're waiting and bored? Would you consider yourself a patient or impatient person?
2. What stood out to you about Sunday's sermon? What was interesting? Confusing? Weird? Thought provoking?

### Study & Discussion:

1. Read John 11:1-16. Why do you think Jesus delayed his trip to heal Lazarus? Why did he refuse to be hurried? Can you think of other times Jesus refused to be hurried?
2. This sermon series has been about unhurrying. One danger of this idea is to become lazy or apathetic. That's missing the point! When *should* Christians pick up the speed? Conversely, what do we tend to do too fast that we should slow down?
3. The emergence of the COVID-19 shutdown has destroyed everyone's schedules. Maybe that's a good thing? As life re-starts, we have an opportunity to align our schedules with our highest values ("Life with Jesus and a growing maturity toward love, joy and peace" ~John Mark Comer). What would that look like for you? What do you want your schedule to look like in the future? How will you accomplish that? What do you want it to NOT look like?
4. What are some of the things that test your patience? Why? Is there something you can do to combat that? Do you really need to rush that thing? Consider the story of pastor Dave's change of perspective on hiking with his son, Owen.

### Application:

1. Deliberately choose to place yourself in positions where you simply have to wait. The following ideas are just ideas. They're not religious requirements. They're meant to be a fun way to get your whole self involved in slowing down enough to enjoy all the blessings Jesus has for you:
  - **Try driving the speed limit:** Not under the speed limit (that's just annoying). But try staying right on the money. By constantly rushing to our destination, we make all obstacles (i.e. other cars) into our enemy. It raises anxiety and reduces our capacity to love. Dropping your speed, drops your stress.
  - **Put your phone away when you're waiting for an appointment:** We've all spent time waiting. It's the worst! If you're in a waiting room, chances are 9/10 people in there are staring at their phones until their name gets called. Try turning your phone off and putting it away. Just sit there like some sort of time traveller from 1995. Maybe you could strike up a conversation, think about your day, or even pray!
  - **Walk slower:** Whether you're on your way somewhere, or just out getting some fresh air. Slow down. Stop and smell the roses, as they say. In fact, don't walk. Mosey. Force yourself to move through the world at a relaxed pace. See how it affects your soul.
  - **Get in the longest checkout line at the grocery store:** What a horrible idea! But it's also one of the greatest opportunities to cultivate patience. Often we feel that the slowness of our cashier, and the line of people in front of us are denying us what we want: quick service and a speedy exit. When we're denied what we want, it often leads to anger, impatience and short tempers. So, instead, learn to deny yourself of what you want once in a while. If you get good at handling that when you do it, then you'll be less likely to snap at your kids the next time they deny you a good night's sleep.